

CURRICULUM VITAE

Thyagi Ponnampereuma

Senior Lecturer, Department of Community Medicine
Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka
Email: thejanip@med.ruh.ac.lk

Date of Birth: 13 February, 1974

Citizenship: Sri Lankan

EDUCATIONAL QUALIFICATIONS

(1) Doctoral of Philosophy (PhD) (2019)

Maastricht University, Netherlands.

(2) Diploma in Family Medicine (2011)

University of Colombo, Sri Lanka.

(3) Certificate Course for professional Development in Higher education (2009)

Staff Development Centre, University of Ruhuna, Sri Lanka

(4) Master of Philosophy Health Sciences (2008)

Maastricht University, Netherlands

(Units Studied: Acquiring advance professional skills, Research methodology, Qualitative research, Health measurements, Advance statistical analysis techniques, Applied epidemiology, Advance diagnostic research, Systematic literature review, Basic and advance ethics of health care research)

(5) MBBS (2002)

University of Ruhuna, Sri Lanka

LIST OF PUBLICATIONS

Scientific publications in international peer-reviewed journals

1. Nicolson N.A., **Ponnamperuma T.** Gender moderates diurnal cortisol in relation to trauma and PTSD symptoms: A study in Sri Lankan adolescents. *Psychoneuroendocrinology* – (2019) 104:122-131. Impact factor: 4.944
2. **Ponnamperuma T.**, Nicolson N.A. (2018). The relative impact of traumatic experiences and daily stressors on mental health outcomes in Sri Lankan adolescents. *Journal of Traumatic Stress*, 31:487–498. Impact factor: 2.456 (1 citations by 2019)
3. **Ponnamperuma T.**, Nicolson N.A. (2016). Negative trauma appraisals and PTSD symptoms in Sri Lankan adolescents. *Journal of Abnormal Child Psychology*, 44:245–255. Impact factor: 3.287 (14 citations by 2019)
4. Ostbye T., **Ponnamperuma T.**, Fernando N., Abeygunawardene V., Wijayasiri W.A.A., Chen J.J., Woods C.W. (2008). The impact of the tsunami on hospitalization at the tertiary care hospital in the Southern Province of Sri Lanka. *American Journal of Disaster Medicine*, 3:133-139. (4 citations by 2019)

Scientific publications in national (Sri Lankan) peer-reviewed journals

5. Karunaratne NP, Kumara GSP, Karunathilake KTGS, Karunathilake GVKM, Kaushalya PGM, Kavinda HWI, Keshala AAM, **Ponnamperuma T.** (2019) Bypassing primary healthcare institutions: Reasons identified by patients' attending the out-patient department – *Journal of Ruhunu Clinical Society*, 25, 16-22

6. **Ponnamperuma T.** Trauma Exposure and Post-trauma Mental Health Problems: Risk and Resilience in Adolescents. *Ruhuna Journal of Medicine (FMAS)*, 2019 (07: 01), 1-13
7. Kaushalya K.S.S., **Ponnamperuma T.** (2018) Domestic violence exposure of married women in a rural area - Sri Lanka. *Galle Medical Journal*, 23:1-8.
8. Kaushalya H.H.S, **Ponnamperuma T.** (2017). Posttraumatic stress disorder among adolescents exposed to the ammunition depot blast at Salawa, Sri Lanka – a descriptive study. *Sri Lanka Journal of Psychiatry*, 8: 9 -13.
9. Wellala K.W.M., Nanayakkara A.I., De Silva A., **Ponnamperuma T.** (2012). Descriptive study on the pre-anesthetic information desired by patients who undergo surgery. *Sri Lanka Journal of Anesthesiology*, 10:28-32.

Conference proceeding

10. Darshana I.L.A.N., **Ponnamperuma T.**, Perera B., De Silva P.V. (2017). Evaluation of community attachment program; a multidisciplinary community based medical education training program for medical undergraduates in University of Ruhuna, Sri Lanka. *Proceeding of 1st world conference on Education*, 1:1-8.

Abstract Presented

1. E.P.M. De Silva, **Ponnamperuma T.** Gender based violence in disaster situation: Identification and management competencies of public health staff in Galle district. 1st South East Asia Regional Group Meeting of the International Epidemiological Association with 24th Annual Academic Sessions of the College of Community Physicians of Sri Lanka (2019). (**Best Oral Presentation**)
2. Lokanwaththa C.S., **Ponnamperuma, T.** Suicidal ideation among advance level students in the Galle educational division. Galle Medical Association Annual Academic Sessions (2018). (Oral Presentation)

3. Liyanage PLGC, Dasanayake DLW, **Ponnamperuma T.** Effectiveness of misoprostol in the managements of miscarriages, in patients admitted to Teaching Hospital, Mahamodara. 51st Annual Scientific Congress, Sri Lanka College of Obstetricians and Gynaecologists, August 2018(40:1);79-80)
4. Rubersinghe T.D, Ruwanga V.G.D., Roshini V.G.S., Samaraweera D.G.S.D. Samerasinghe S., Rathnawali H.G.T., Rathnaweera S.I., Rathnayake R.M.B.K., Rathnayake R.M.U., Raweendra S.G.N., Rubeshinghe A.M., **Ponnamperuma T.** Physical and Emotional Violence Exposure of Adolescents on Bope-Poddala MOH are. Faulty of Medicine University of Ruhuna, Annual Academic Sessions (2017). (Oral presentation).
5. **Ponnamperuma T.**, Wepathaira I.H., Kudagama V.C.D., Jayasooriaya R. Depression among Adolescents Exposed to Domestic Violence in Udugama Medical Officer of Health area. Galle Medical Association, Annual Academic Session (2017). (Oral presentation).
6. Darshana, I.L.A.N, **Ponnamperuma T.**, Perera B., De Silva P.V., Evaluation of Community Attachment Program: A Multidisciplinary Community Based Medical Education Training Program for Medical Undergraduates in University of Ruhuna Sri Lanka. 1st World Conference on Education (2017). (Oral presentation).
7. Kaushalya H.H.S, **Ponnamperuma T.**, Wickramarachchi B. Posttraumatic Stress Symptoms among Adolescents, Who Were Exposed to Ammunition Deport Balst; Salawa - Sri Lanka. 10th International Research Conference, Kothalawala Defence University (2017). (Oral presentation).
8. Kaushalya K.S.S, **Ponnamperuma T.**, Abegunsekara T. Domestic Violence Exposure of Married Women in Isurumuniya PHM area in Anuradapura. Sri Lanka. 10th International Research Conference, Kothalawala Defence University (2017). (Oral presentation).
9. Ranasinghe B., Sathananthan P. P., **Ponnamperuma T.**, Kosala K.G.P., Poornima W.J.K.V.P., Chanuka W.D.I, Iatrogenic Atrial Septal Defect Formation and Haemodynamic Following Percutaneous Trans venous Mitral Commissurotomy (PTMC) in Patients with Mitral Stenosis at Teaching Hospital Karapitiya. 17th Annual Academic Session, Sri Lanka Heart Association (2017). (Oral presentation).

10. Ranasinghe R. B. D., Sathananthan P.P., **Ponnamperuma T.**, Chanuka W.D.I., Poornima W.J.K.V.P., Kosala K.G.P., Boyle A. Primary percutaneous coronary interventions: Different outcomes in patients with STEMI at teaching hospital, Karapitiya (THK). Annual Academic Sessions, College of Physicians (2017). (Oral presentation).
11. **Ponnamperuma T**, Nancy N, (2016). The relative impact of traumatic experiences and daily stressors on mental health outcomes in Sri Lankan adolescents. Annual Academic Sessions, Sri Lanka College of Psychiatrists, (2017). (Oral presentation).
12. Darshna I.L.A.N, **Ponnamperuma, T**, Perera P.V, De Silva P.V. Community Attachment Program; Do Assessment Marks Reflect the Student's Perceptive Regarding the Current Assessment Process. 12th International Medical Education Conference – 2017. (Oral presentation)
13. **Ponnamperuma T**, Nancy N. Nicolson (2016). Daily Stressors and Post-Trauma Mental Health Problems of Adolescents in Sri Lanka. World Association for Social Psychiatry -2016. (Oral presentation).
14. **Ponnamperuma T**, Lakmini, A.N.G.P, Kudagama V.C.D. (2016) Youth Exposed to Domestic Violence: Screening of School Children at a Rural Area in Galle District. Annual Research Symposium, National Centre for Advanced Studies in Humanities and Social sciences, Sri Lanka-2016. (Oral presentation).
15. **Ponnamperuma T**, Nethmini K.K.M, Kudagama V.C.D. (2016)_Children's Involvement in Domestic Violence at a Rural Area in Galle District. Galle Medical Association, Annual Academic Session (2016). (Oral presentation).
16. **Ponnamperuma T**, Nancy N. Nicolson, (2015). Negative Cognitive Appraisals and PTSD Symptoms in Sri Lankan Adolescents. Annual Academic Sessions, Sri Lanka College of Psychiatrists, (2015)._(**Best oral presentation**)
17. Fernando S.S.W, Athukorala T.K, Jayasekara N.P, Tharinda.V.H, **Ponnamperuma T (2015)**. Peoples' View about a Multidisciplinary Medical Education Programme Aimed at Promoting Population Health. International Conference on Multidisciplinary Approaches, (2015).

18. **Ponnamperuma T**, Nancy N. Nicolson, (2014). Salivary cortisol and PTSD symptoms in trauma-exposed Sri Lankan adolescents. Galle Medical Association, Annual Academic Session (2014). (Oral presentation).
19. **Ponnamperuma T**, Nancy N. Nicolson, (2014). Lifetime Trauma, Negative Cognitive Appraisals, and PTSD Symptoms in Sri Lankan Adolescents. International Society for Traumatic Stress, Miami, USA, November (2014), (Poster presentation)
20. Darshana I.L.A.N, Nanayakkara N.P, **Ponnamperuma T**. (2014). Evaluation of the Community attachment program for the Medical Students at Department of Community Medicine, Faculty of Medicine, University of Ruhuna. South East Asian Regional Association for Medical Education conference. November (2014). (Oral presentation)
21. **Ponnamperuma T**, Nancy N. Nicolson (2013). Traumatic Experiences and PTSD Symptoms among Sri Lankan Adolescents: Gender Differences. International conference of the Psychoneuroendocrinology Society, Netherlands, August (2013). (Poster presentation)
22. **Ponnamperuma T**, Nancy N. Nicolson (2012). Posttraumatic stress Disorder in Sri Lankan Adolescents Exposed to the Tsunami. Asia-Pacific Academic Consortium of Public Health. Colombo, November 2012. (oral presentation)
23. Wellala K. W. M, Nanayakkara A. I, De Silva A, **Ponnamperuma T**. (2012). **Descriptive Study on pre- anesthetic information desired by patients who undergo surgery**. Annual Academic Sessions, Sri Lanka College of Anesthesiologists, (2012)
24. **Ponnamperuma T**, Nancy N. Nicolson (2011). Trauma Exposure of Adolescents after the Tsunami Disaster in Galle District. National Conference on Public Health Innovation, Kaluthara, Sri Lanka, April 2011. (oral presentation)
25. **Ponnamperuma T**, Nancy N. Nicolson, (2009). Emotional and Behavioural Problems among Adolescents in Bope Poddla MOH area. Proceedings of the Galle Research Network, Faculty of Medicine, Galle (2009). (oral presentation)

26. **Ponnamperuma T**, Nancy N. Nicolson (2009). Emotional and Behavioural Problems among Adolescents after Tsunami disaster. Annual Academic Sessions, Sri Lanka College of Psychiatrists, (2009)._(oral presentation)

RESEARCH GRANTS AWARDED

- (1) Duke University, USA for a research project titled “The impact of the Tsunami on hospitalization at tertiary care hospital in Southern province, Sri Lanka.”, 2006.
- (2) Coraid, Netherlands for a research project title “Emotional and behavioural problems of the Tsunami affected adolescents in Sri Lanka”, 2007.

SCHOLARSHIPS/AWARDS

- (1) **First place in oral presentation in the category of future challenges in public health** at the 1st South East Asia Regional Group Meeting of the International Epidemiological Association with 24th Annual Academic Sessions of the College of Community Physicians of Sri Lanka (2019) for the paper title ‘Gender based violence in disaster situation: Identification and management competencies of public health staff in Galle district’ by E.P.M. De Silva, **Ponnamperuma T**.
- (2) **Peter and Marble Cooray Gold Medal for the best oral presentation** title ‘Negative Cognitive Appraisal and PTSD Symptoms in Sri Lankan Adolescents’ at Sri Lanka College of Psychiatrists, 2015
- (3) **Second best oral presentation** for the presentation titled ‘Emotional and Behavioural Problems of Adolescents after the Tsunami Disaster’, at Sri Lanka College of Psychiatrists, 2009
- (4) **UM-Q park scholarship** to do higher studies at Maastricht University, Netherlands, 2006.
- (5) **Best Undergraduate research** – for the presentation titled “The knowledge and usage of contraceptives methods among married females attending Bope-Poddala Maternal and Child health clinics” - 1999

OTHER EDUCATIONAL /TRAINING EXPERIENCES

1. **Examiner Training** – Medical Education Resource Center, Post Graduate Institute of Medicine, University of Colombo. (2020)
2. **Clinical Research Methodology** – The Hubert – Yeargan Center for Global Health at Dukes University, US (2020)

3. **Moodle Training for Online Postgraduate Diploma in Family Medicine** – Medical Education unit Postgraduate Institute of Medicine, Colombo (2019)
4. **Academic Writing** – Language Centre, Maastricht University, the Netherlands –(2017) (1.5 credits)
5. **Training in Good Clinical Practices** – conducted by Forum for Ethical Review Committee in Sri Lanka- (2017)
6. Participated in a workshop on - **“Improving Counselling Skills in Academics”**, by Faculty of Medicine, University of Ruhuna, (2017).
7. **“Training of Trainer Program for Development of a National Resource Pool on Health Sector Response to Gender Based Violence”** conducted by the Family Health Bureau, Sri Lanka, (2016)
8. Participated in the workshop on **“Scientific Writing”**, 44th Asia Pacific Consortium for Public health, (2012)
9. One week training in **“Training the Trainer Program in Mental Health”** conducted by the Institute of Psychiatry, Kings College, London in collaboration with the World Psychiatric Association, National Institute of Mental health, Sri Lanka and Sri Lanka College of Psychiatrists, (2011).
10. One week training in **“Integrated Sexual and Reproductive Health Services in Crises”**, conducted by the Health Emergency and Disaster Management Training Centre, Faculty of medicine, University of Peradeniya in collaboration with the ministry of Health Sri Lanka and United Nations Population Fund, (2010)
11. Participated in workshop on **“Qualitative Research Methods”**, conducted by University of Ruhuna in collaboration with the Durham University UK, (2009).
12. Participated in a workshop on - **“Counselling the undergraduate; workshop for Academics”**, by Faculty of Medicine, University of Ruhuna, (2008).
13. Two-week training in - **“Management of Disaster Medical Operations”** conducted by The Asian Disaster Foundation, (2005).

WORK EXPERIENCES

June 2010 - To date	Senior Lecturer in Community Medicine Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka
June, 2005 – May 2010	Lecturer in Community Medicine Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka.
Nov 2004- May 2005	Reserve Medical Officer of Health, Deputy Provincial Director of Health Service office, Galle

I worked as the '**Tsunami Health Coordinator in Galle District**'.

I was responsible in coordinating foreign and local health care providing teams, psychosocial supporting programs and providing water and basic sanitation for internally displaced people.

- Feb 2003 - Nove 2004 **Reserve House Officer** Paediatric Ward Teaching Hospital,
Karapitiya, Galle, Sri Lanka
- Aug 2003- Feb2004 **Intern Medical Officer [Paediatrics]**
Teaching Hospital, Karapitiya, Galle, Sri Lanka
Supervised by Dr. P.M.G.Punchihewa (MD, MRCP), Consultant
Paediatrician, Teaching Hospital, Karapitiya, Galle, Sri Lanka
- Feb 2003- Aug 2003 **Intern Medical Officer [Gynaecology and Obstetrics]**
Teaching Hospital Mahamodara. Galle, Sri Lanka.
Supervised Under - Dr.Y.A.G.Perera (M.B.B.S, M.S, M.R.C.O.G)
Teaching Hospital, Mahamodara, Galle, Sri Lanka

PROFESIONAL MEMBERSHIPS

- Member of National Science Foundation (NSF)
- Member of Government Medical Offices Association (GMOA)
- Member of the Galle Medical Association, Sri Lanka (GMA)
- Member of the Sri Lanka Medical Council (SLMC)
- Member of Sri Lanka Medical Association (SLMA)

ACTIVITIES / RESPONSIBILITES

Teaching and training of medical undergraduates include the following

- **Teach Epidemiology**; conduct lectures, do assessments, prepare exam question paper and scrutinize them.
- **Teaching Medical Demography**; conduct lectures, do assessments, prepare exam question paper and scrutinize them.
- **Teach Medical Ethics**
- **Teach Family Medicine**

- **Supervision of Undergraduate Research Projects**, teach on research methodology, proposal development, data analysis and dissertation writing
- **Examiner** - Third MBBS - Research, Community Attachment, Theory and Viva voce examinations in Community Medicine

Contribution to Continuous Professional Development

- Resource person, Workshop on Research Methodology” for Medical Officer, Nursing Officers and Teaching Hospital karapitiya (2019).
- Trainer in Workshop on Research Methodology” for Medical Officer at Teaching Hospital Mahamodara, Galle (2017).
- Resource person, Workshop on Research Methodology” for Medical Officer at Elpitiya General Hospital (2016).
- Resource person, Workshop on Research Methodology” for Medical Officer at General Hospital Matara (2014).
- Resource person, of the Pre-Clinical Module for third year medical students
- Resource person, of the Foundation Module for new entrants of medical students
 - 2010- 2013
- Resource person, AIMS Module for pre-intern doctors
- Resource person, Workshop on “Training on Respiratory Diseases and Use of Nebulization’ to the health staff of plantations.
- Resource person in Health education program lecturing on ‘Managing Healthy Lifestyle’ for hoteliers
- Resource person in Health education program lecturing on ‘Prevention of Needle Prick Injuries’ for the staff of Hema’s Hospital

Services provided to University and national Institutes

- Member of the Board of Study in Family Medicine, Post Graduate Institute of Medicine, Colombo, Sri Lanka (2015 onwards)
- Member of the Research Ethics Committee – Faculty of Medicine, University of Ruhuna, Sri Lanka. (2014 onwards).

- Member in the Research and Higher degree committee (2006-2013)
- Evaluate the research proposals for the suitability of postgraduate research.
- Chairperson in the subcommittee to incorporate Family Medicine into the medical undergraduate curriculum (2013 onwards)
- Member of the Faculty Quality Assurance Cell – Faculty of medicine, University of Ruhuna (2020)
- Member of the Curriculum Revision Committee – Faculty of medicine, University of Ruhuna (2020)
- Coordinator in Vocal and Instrumental Competition, Faculty of Medicine University of Ruhuna (2019)
- Secretary, Faculty Medicine Academic Sessions, University of Ruhuna (2017)
- Coordinator in Community Nursing Programme in B.Sc. Nursing Program (2010-2018)
- Involved in development and running the community nursing subject in the B.Sc. Nursing degree program of the Faculty of Medicine, University of Ruhuna.

Public Health Activities responsible as the Additional Medical Officer of Health to the university health Unit area

- Acting as a middle level health care manager, assigned to an area of 60,000 population
- Delivery of maternal & child health and family planning services
- Delivery of occupational & environmental health services
- Prevention and control of communicable and non-communicable diseases
- Health education, promotion and community organization
- Participation in School Health Services
- Conducting well women clinics, family planning clinics & counselling
- Environmental Health Services

Skills

- Coordination skills- Tsunami Health Coordinator in Galle District;
Coordinated all health-related activities for the internally displaced people from the District Secretariat office during the time of the disaster. Especially responsible in coordinating foreign and local teams' visited the area for the internally displaced people, psychosocial activities carried out by the government and the NGO for the children affected by the disaster, clean water supply, sewage disposal and other environmental sanitary activities carried out for the displaced people.
Working in partnership with multidisciplinary teams /agencies
- Managerial skills- Additional Medical Officer in Public Health with specialized experience in Maternal & Child Health, School Health and Health Promotion. Eight years' experience in public health activities.
- Researcher skills - Conducting epidemiological research.
- Ability to work in partnership with funding agencies and Non- Governmental Organization
- Computer skills- Working experience in Microsoft environment and data analysis by SPSS Statistical software, reference management with Endnote software.

THYAGI THEJANI PONNAMPERUMA
Signature

08.06.2020
Date